

Colton Seventh-day Adventist Church

Newsletter

October 2013

CURRENT ACTIVITIES

Mark Your Calendars



Come join us for Study & Worship Saturday mornings at 10 a.m. and for the following activities.

Oct 12 (Sat) Fellowship Potluck
 Oct 12 (Sat) 2:30 PM, Evangelistic Meeting
 Oct 15 (Tues) 5:30 PM, Soup and Salvation
 Oct 15 (Tues) 6:45 PM, Evangelistic Meeting
 Oct 16 (Wed) 5:30 PM, Soup and Salvation
 Oct 16 (Wed) 6:45 PM, Evangelistic Meeting

Oct 18 (Fri) 5:30 PM, Soup and Salvation
 Oct 18 (Fri) 6:45 PM, Evangelistic Meeting
 Oct 19 (Sat) Fellowship Lunch
 Oct 19 (Sat) Harvesting for Jesus Kids Hayride
 Oct 20 (Sun) 8:00 AM, Workbee
 Oct 20 (Sun) 11:00 AM, Church Board Meeting

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Evangelistic Meetings

Michael Kelly, Sr. has been challenging the adult congregation this last week and will continue to give more inspiring messages this coming week as well. It is not too late to invite someone to come and hear the Gospel. Meetings will continue this afternoon at 2:00 pm and will continue Tuesday, Wednesday and Friday nights at 7:00 p.m. and next Sabbath for the worship service at 11:00 a.m.

The children have not been for-

gotten they also have been having and will continue to have evangelistic meetings at the times as the adults. Already we have covered creation, the beginning of sin, and the birth of Jesus and why He came. Next week we will discuss the miracles of Jesus, His death and resurrection and what that means for us here and for the future. As an extra incentive for the kids, we are having a hayride next Sabbath afternoon following potluck, the children who attend

the most meetings will be first in line for the ride and will get first pick of pumpkins to take home.



Verse of the Month

“Death came because of a man, Adam. Being raised from the dead also came because of a Man, Christ.”

1 Corinthians 15:21



INSPIRATION SECTION

7 Awesome Reasons To Be FIT

J's Fitness Newsletter

I spend a lot of time talking about what it's like to be working towards your fat loss goal, with your perfect body somewhere off in the distance.

Today I'm going to switch perspectives and turn the focus onto how it feels to BE at your ideal weight.

In addition to getting you pumped up and motivated to work even more diligently towards your goal, studies have shown that those who spend time visualizing the accomplishment of their goal have a higher success rate in actually getting there.

So if you are still working towards your goal then sit back and let the following 7 Awesome Reasons to be FIT really sink into your mind. Visualize the following as being a part of your reality.

Awesome Reason To Be FIT #1: You Always Look Great

When you are at your ideal weight clothes look and feel amazing. Every. Single. Day. Gone are the days of looking for ways to cover your 'problem' areas because even those areas look great. Friends, family members and co-workers tell you how fantastic you look and that you've never looked better.

Awesome Reason To Be FIT #2: Your Confidence Is High

The act of accomplishing any worthwhile goal is enough to seriously boost your confidence, and this is even more apparent when reaching a fitness goal. When your body goes through a transformation there's no hiding it. You are tighter, leaner and more attractive. You stand straighter, walk taller and exude a genuine confidence that can't be missed.

Awesome Reason To Be FIT #3: You Have Lots Of Energy

Before you met your fat loss goal, getting off the couch was a challenge...one that you didn't always win. Once you became fit, new surges of energy course through your veins. You thrive on motion and activities

that used to tire you out now leave you energized.

Awesome Reason To Be FIT #4: You Are Strong

The life of a truly fit person knows no limits! In your free time you hike, bike, walk, pick up new hobbies and play with the kids. Picking up items that used to feel heavy is now a breeze as your functionality for daily tasks has never been stronger. Gone are the days when you'd tell yourself,



"I can't do that. I'm not strong enough."

Awesome Reason To Be FIT #5: You Have No Health Worries

You'll never forget the look on your doctor's face when examining your transformed body. Gone is the lecture about the many risks of weight-related ailments. Those days are behind you. Your healthy, strong thriving body is health-worry-free.

Awesome Reason To Be FIT #6: You No Longer Have Weight To Lose
How long have you been trying to lose the fat and get down to your ideal weight? Long time, right? In all that time your fat loss goal has been a giant monkey on your back - always in the back of your mind, always weighing you down.

Guess what? Poof! That giant monkey disappeared the day you reached your goal

weight and in its place came a sweet, carefree peace of mind.

Awesome Reason To Be FIT #7: You Are Able To Enjoy Life

Once you transformed your body, life got decidedly more fun and exciting. You never knew how much your weight had held you back from excitement and adventure until the day that burden was lifted. You now enjoy life with carefree abandon - the way you were designed to.

If these 7 Awesome Reasons To Be FIT have lit a fire under you to reach your goal weight once and for all then reach out to me right now. Call or email and I'll have you sailing toward your FIT body in no time.

But don't wait—to do so would be to risk losing the motivation that you feel right now. I'm here to help you transform your body with a specialized fitness plan that's designed to quickly get you to FIT.

What are you waiting for? Begin your body transformation today!

What Motivates YOU?

The success or failure of your fitness routine heavily depends on the intensity of your motivation. In order to stick with it, even when it's hard and you're tired, you'll need to fixate your mind on a single motivating thought. This may be a mental picture of what you will look like in your skinny jeans, the thought of how relieved you'll be when the doctor give you a clean bill of health, or the reaction that your friends and family will give once you reveal the new you.

Discover what motivated you the most then direct your focus there. Bring this thought to mind whenever you feel like giving up and going back to your unhealthy lifestyle.

No Bake Banana Chocolate Protein Bars

Now you can quickly and easily make your own protein bars at home! This no bake recipe takes high quality protein powder and combines it with wholesome, real food ingredients to create a delicious protein bar

to power your day. Store these in your freezer, then simply allow to defrost for a few minutes before enjoying. Serving: 10

Here's what you need...

- 1 cup vanilla protein powder
- 1/4 cup coconut flour
- 2 mashed bananas
- 1/2 cup coconut milk
- 1/4 cup water (and more if needed)
- 1 teaspoon vanilla extract
- 2 Tablespoons mini chocolate chips
- 1 oz dark chocolate (70% cocoa or higher)
- 1 teaspoon coconut oil

In a medium bowl combine the protein powder and coconut flour.

In another medium bowl mash the bananas. Add the coconut milk, water and vanilla, mix until smooth. Add the dry ingredients and mix until fully combined. If the batter is dry then add a few more drops of water. Mix in the chocolate chips.

Line a freezer-safe plate with wax paper. Form the dough into 10 bars. Place on the wax paper and put in the freezer for 20 minutes.

In a double boiler over medium-low heat

(make your own by placing a small saucepan directly in a skillet that has few Tablespoons of water) melt the dark chocolate and coconut oil.

Remove the bars from the freezer and drizzle or dip in the melted dark chocolate. Return to the freezer for 10 minutes until the chocolate has hardened.

Nutritional Analysis: One bar equals: 183 calories, 6g fat, 11g carbohydrate, 99mg sodium, 5g fiber, and 18g protein

Contributed by Teresa Padilla

ACTIVITIES

Mataafa 20th Anniversary



The Colton church gave its congratulations to Pastor and Mrs. Mataafa on Sabbath, October 5, for the recent 20th anniversary

half of the church during the Worship Service. During the potluck following the services, Carlos Lemos led the group in a chorus of "Happy Anniversary to You". A 20th Anniversary celebration cake was brought out, with Pastor and Mrs. Mataafa cutting the first slice and (after some prompting from the audience) reenacting the "cake feeding" ritual that is a common feature of many wedding receptions. A number of church members took the opportunity to personally congratulate the Mataafa's on achieving this joyful milestone in their life together.

of their wedding. Pastor Bell presented the happy couple with a card and gift on be-



Carlos leading the congregation in a round of "Happy Anniversary to You"



Happy 20th!

Health Expo 2013

Setting a festive atmosphere on a cool Sunday morning which transitioned into a very warm autumn afternoon, a diverse group of volunteers assembled at the Colton church for the 5th Annual Health Expo. As in past years, services included blood pressure testing, weight and body mass index measurements, resources for smoking cessation and drug addiction issues, flu shots, vision screening by a local optometrist, dental screening at the mobile LLU School of Dentistry screening clinic on site, and information and resources regarding Lyme Disease and visual impairment.

Additional contributors at this year's Health Expo were: the ENNRICH Asthma program through the LLU School of Public Health and First 5 California; the Dasom Community Center, a ministry of the Loma Linda Korean SDA Church which provides free medical and dental services in the local community; and California Integrative Healthcare, a new health initiative which was recently begun by Colton church member Anne Mears. There were also children's activities, a prayer booth, and free food and clothing distributed at the Community Services table

There was a scheduling conflict which prevented Lifestream's "Blood Mobile" from attending this year's event, so this time there was no blood donation on site. Rumor has it that the absence of the Blood Mobile came as a particular relief to Expo greeter Nestor Domingo, who is apparently not overly fond of being in the same vicinity as those blood donation needles.

A number of "background" volunteers also contributed in various important capacities to help bring this event to life. Nearly 100 people from the local community took advantage of the valuable services which were offered completely free to all attendees at the Expo.

Jerry Johnson

Mobile Dental Screening clinic from the LLU School of Dentistry



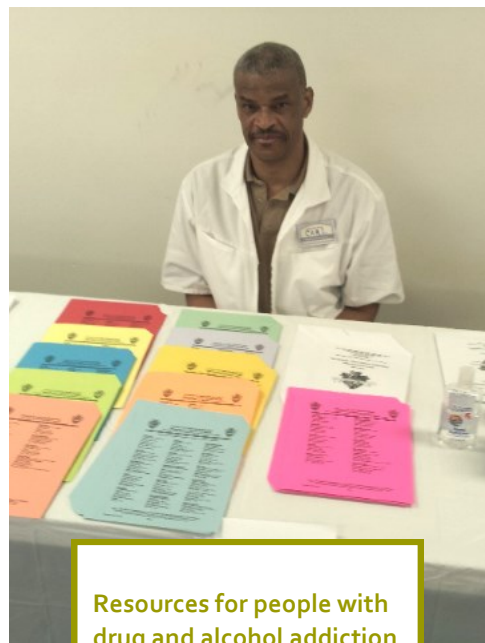
Preparing lunch for an impending swarm of ravenously hungry event volunteers: "Staff Kitchen" team Blanca Gonzales, Robbie Felix, and Delilah Ramirez



Flu Vaccine team ready to inject some influenza defense



Resources for people with drug and alcohol addiction challenges





Ladies in blue: the Health Expo Registration team: (l-r) Mary Lou Domingo, Alma Zelaya, Carmi Lopez, Mary Lemos, and Marissa McConnell



ENRRICH Asthma program volunteers from the LLU School of Public Health; this is a program sponsored by First 5 California. The ENRRICH team has already agreed to come back to next year's Health Expo.



Health screenings coordinator Young Hong with volunteers Isabel Bellino and Beys Cristales in the main screening



The Children's Activities team during a break in the action



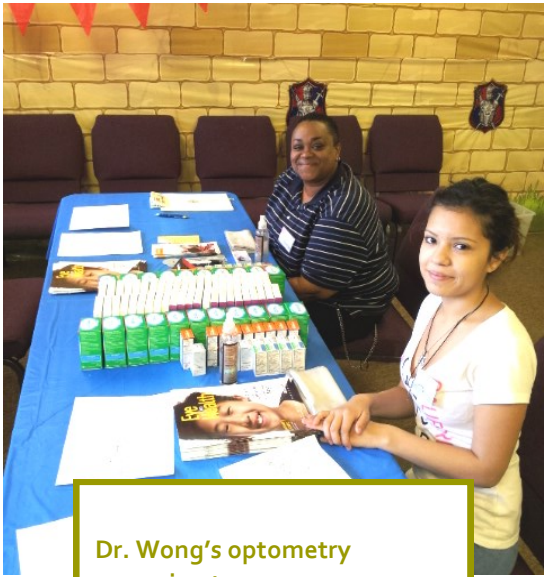
Ellie Moura gives a blood pressure check to Nestor Domingo



Expo greeters Ed Gonzales and James Bauchert



Anne Mears gives a health consultation to Pastor Mataafa.



Dr. Wong's optometry screening team.



Laura Bauchert assembled a large collection of clothing and personal items to be given away to Expo clientele at the Community Services table, as well as distributing free loaves of very healthful "Ezekiel Bread".



Diana Moura brought informational resources for the visually impaired.



Health Food Samples team members Vi Bell and Kathy Davis.



The friendly prayer warriors manning the Prayer Booth: (l-r) Elizabeth Sheffield, Kevin Ma, Dan Sheffield, Pastor Oliod Moura, and Shirley Purucker



Volunteers from the Dasom Community Center, a health ministry of the Loma Linda Korean Seventh-day Adventist Church in Grand Terrace; they provide free medical and dental services to the local community.



RaisingOurKids.com

Jesus, God's Son, came to earth to help people everywhere.

Place
Stamp
Here

Mailing Address
880 W. Laurel Street
Colton, CA 92324

Street Address
1291 Rancho Avenue
Colton, CA 92324

Phone: 909-825-9344

**Increasing member
communication**

We're On the Web!
colton.adventistfaith.org

Church Mission Statement

To provide a grace-filled environment where a diversity of worshipers may experience the healing love of Jesus through the ministry of the Word, the community of prayer, the fellowship of God's family, and the opportunity to serve.

Contribution Instructions

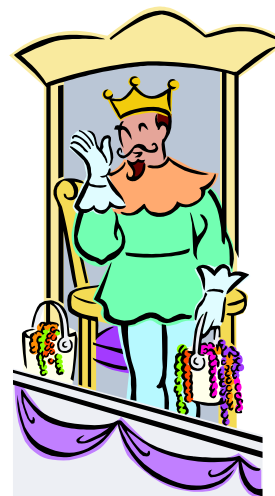
This newsletter provides communication and inspiration for our church members. If you would like to contribute, please contact Kristi Cruise at jrkljrcruise@sbcglobal.net, home phone (909) 872-0394 or cell (909) 936-0005.

Submission Deadline Date by 5 PM	Distribution Date
November 5	November 9
December 10	December 14

The Good, The Bad, And The Abysmal

A few kings are listed below. Which ones did right and which did evil in the eyes of the Lord? Then which kingdom did they rule, Israel or Judah.

1. Rehoboam
2. Asa
3. Nadab
4. Jehoshaphat
5. Omri
6. Ahaziah
7. Jehoahaz
8. Ahaz
9. Amaziah
10. Manasseh



Answers to Last Month's Trivia

- Who Said?
- | | |
|--|---------------------------------------|
| 1. A Demon pretending to be Samuel. 1 Samuel 28:15 | 5. The thief on the cross. Luke 23:42 |
| 2. Nicodemus to Jesus. John 3:4 | 6. John the Baptist. John 3:30 |
| 3. Pontius Pilate. Matthew 27:24 | 7. Bartimaeus. Mark 10:51 |
| 4. Peter. John 13:8 | 8. Rebekah. Genesis 24:44 |
| | 9. Delilah. Judges 16:9 |
| | 10. The serpent. Genesis 3:4 |